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Author: Jim Gordon

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Dear John,

Today Michael is here so I will turn this over to him -

John, I am glad to see the progress each of you are making in an attempt at self-improvement as well as with group involvement. It is important that each of you continue to grow individually and improve one's being. This is why each of you in this past year, have undergone challenges and changes in your life. In this way you have had to search for understanding of your inner nature and also try to better understand the outer nature. Without these challenges and changes toward further understanding of self each of you could not truly fulfill the mission in life you have set out for yourself. You will find that there will be ever unfolding awarenesses of self as you grow in service and that this growth will not always come easy, but it is essential both to your own inner development and to your outer service.

At times you will need the strength and support of others, and this is why we have brought you together now.

At other times you will need to be alone to contemplate events and ideas, and this too is important. When you find yourself or others in need of this aloneness, respect that need and allow it to happen, for in the time of aloneness comes true self awareness and understanding.

Through individual growth and development the group also grows and becomes strong. This is important to remember, for it is the individual self in the group that together make the group. Without each of you and your own personalities, emotional and mental natures and your individual spiritual awareness, the group would have no identity.

Also as it is important for each of you to grow and become, so too the foundation must grow and become. So too, you see the foundation as an identity searching for itself, struggling for self awareness, and it is important for each of you to gain meaning in this search for group identity. Without the individual support and the group effort the foundation will never find itself and be a self-aware, self-fulfilling

entity.

It is important then for the foundation to be strong and able to stand on its own, but also able to work with other groups toward common goals. First the foundation must be financially strong and able to support the projects that need supports, and then it is important to have sister groups or foundations to work with so more can be accomplished. As you find in individual growth, having someone else there for support and feedback can be beneficial, so too, the foundation can find just such support in its own growth.

So you can see it is not only important that you are aware of your own growth and that you daily deal with that growth for it is not only beneficial to yourself but to the foundation and the people it serves. As you grow so the foundation also grows and becomes more self-realized.

Now it is felt that the course of direction of the foundation must be laid down so all know and can strive for its accomplishments. As a group and individually an outline should be made and agreed to so all know the steps next to be taken and so all know the goals and can work toward them. Then a new understanding of what the goals of the foundation are to be. Research, education, clinical work and some other areas are all in need of expansion. It is up to you as to what areas you want to pursue and how the foundation takes part in them. Each should in his or her outline state what goals you see for the foundation and then as a group a new outline of goals should be set forth.

Also, on an individual level, set down an outline of what you, the individual, want to do in your own life. Then in one or two meetings let each one discuss this outline with the group. In this manner you will come to some inner awareness of your own motives and desires and then have a clearer picture of how to achieve what you desire. Too the others in the group will have a better picture of you and your wants and you will have a better picture of theirs.

So much for now. Our Light and Love are ever near, only open your hearts and

minds and allow us to aid you in your growth and in your search for self.

Ask and it shall be given,

Seek and you shall find,

Knock and the door will be opened.

Love and Light

Michael